



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20041, Rice, brown, medium-grain, cooked

Report Date: June 27, 2017 04:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.12 Fat Factor: 8.37 Protein Factor:3.41 Nitrogen to Protein Conversion Factor:5.95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 195g
Proximates					
Water	g	72.96	--	--	142.27
Energy	kcal	112	--	--	218
Energy	kJ	469	--	--	915
Protein	g	2.32	--	--	4.52
Total lipid (fat)	g	0.83	--	--	1.62
Ash	g	0.39	--	--	0.76
Carbohydrate, by difference	g	23.51	--	--	45.84
Fiber, total dietary	g	1.8	--	--	3.5
Minerals					
Calcium, Ca	mg	10	--	--	20
Iron, Fe	mg	0.53	--	--	1.03
Magnesium, Mg	mg	44	--	--	86
Phosphorus, P	mg	77	--	--	150
Potassium, K	mg	79	--	--	154
Sodium, Na	mg	1	--	--	2
Zinc, Zn	mg	0.62	--	--	1.21
Copper, Cu	mg	0.081	--	--	0.158
Manganese, Mn	mg	1.097	--	--	2.139
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.102	--	--	0.199
Riboflavin	mg	0.012	--	--	0.023

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 195g
Niacin	mg	1.330	--	--	2.594
Pantothenic acid	mg	0.392	--	--	0.764
Vitamin B-6	mg	0.149	--	--	0.291
Folate, total	μg	4	--	--	8
Folic acid	μg	0	--	--	0
Folate, food	μg	4	--	--	8
Folate, DFE	μg	4	--	--	8
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	0	--	--	0
Retinol	μg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.165	--	--	0.322
12:0	g	0.001	--	--	0.002
14:0	g	0.003	--	--	0.006
16:0	g	0.141	--	--	0.275
18:0	g	0.015	--	--	0.029
Fatty acids, total monounsaturated	g	0.300	--	--	0.585
16:1 undifferentiated	g	0.003	--	--	0.006
18:1 undifferentiated	g	0.297	--	--	0.579
Fatty acids, total polyunsaturated	g	0.296	--	--	0.577
18:2 undifferentiated	g	0.283	--	--	0.552
18:3 undifferentiated	g	0.013	--	--	0.025
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.030	--	--	0.058
Threonine	g	0.085	--	--	0.166
Isoleucine	g	0.098	--	--	0.191
Leucine	g	0.191	--	--	0.372
Lysine	g	0.088	--	--	0.172
Methionine	g	0.052	--	--	0.101

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 195g
Cystine	g	0.028	--	--	0.055
Phenylalanine	g	0.119	--	--	0.232
Tyrosine	g	0.087	--	--	0.170
Valine	g	0.136	--	--	0.265
Arginine	g	0.175	--	--	0.341
Histidine	g	0.059	--	--	0.115
Alanine	g	0.135	--	--	0.263
Aspartic acid	g	0.217	--	--	0.423
Glutamic acid	g	0.472	--	--	0.920
Glycine	g	0.114	--	--	0.222
Proline	g	0.109	--	--	0.213
Serine	g	0.120	--	--	0.234
Other					